“What do I do when I believe in God but won’t forgive”?
Various Scriptures

Galatians 4:4 “But when the time had fully come, God sent his Son, born of a woman, born under the law.”

Ecclesiastes 3:1 “There is a time for everything, and a season for every activity under heaven.”

Hebrews 12:15 “See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many.”

Luke 6:28 “Bless those who curse you and pray for those who mistreat you.”

Matthew 5:43-44 “You have heard that it was said, ‘love your neighbor and hate your enemy.” But I tell you: Love your enemies and pray for those who persecute you.”

Why should I forgive anybody who hurts me?

1. Because God has <u>forgiven</u> me.

Ephesians 4:32 “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

2. Because resentment <u>doesn’t</u> work.

Job 5:2 “To worry yourself to death with resentment would be a foolish, senseless thing to do.”

Ecclesiastes 7:9 “It’s foolish to hold a grudge.”

Job 18:4 “You are only hurting yourself with your anger.”

Job 21: 23-25“Some men stay healthy until the day they die. Others have no happiness at all. They live and die with bitter hearts.”

3. Because I will need <u>forgiveness</u> in the future.

Matthew 6:14,15 “For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.”

Forgiveness is a conscious and deliberate act of the will that frees the forgiven from guilt and blame, while delivering the forgiver from anger and pain. It does not have to be received to be given…nor given to be received. But, when given and received, it reconciles the forgiven to the forgiver.

Four things you do in order to experience the freedom of forgiveness:

1. Recognize we are all imperfect.

Ecclesiastes 7:20 “There is not a single person in all the earth who is always good and never sins.”

2. Relinquish my right to get even.

Romans 12:19 “Never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it.”

Matthew 18:21-22 “Peter asked, ‘Lord, how often should I forgive someone who sins against me? Seven times?’ ‘No, Jesus replied, ‘seventy times seven!”

3. Respond to the evil with good.

Luke 6:27, 28 “Do good to those who hate you, bless those who curse you, and pray for those who mistreat you.”

1 Corinthians 13:5 “Love keeps no record of wrongs.”

4. Refocus on God’s plan for your life.

Job 11:13-16 “Put your heart right, reach out to God, then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more.” Job 11:13-16

Three things to do:

1. Put your heart right.
2. Reach out to God.
3. Face the world again.